

**2016 Hillingdon Half Marathon
Results**

Pos	Name	RaceNo	Category	Gender	Club	Time	Net Time	Time Behind Categ	Time Behind Winner	GenderPos	CategPos
1	THOMAS PAYN	655	Senior	Male	RUN FAST	01:10:55	01:10:55	00:00:00	00:00:00	1	1
2	ABDISHAKUR NAGEEYE ABDULLE	429	Senior	Male	Hillingdon AC	01:14:07	01:14:07	00:03:12	00:03:12	2	2
3	JAMES LAING	611	Senior	Male	Hillingdon AC	01:15:00	01:15:00	00:04:05	00:04:05	3	3
4	PAUL CHEETHAM	546	M40	Male	VAC	01:17:35	01:17:34	00:00:00	00:06:40	4	1
5	GEORGE RAVENHALL	465	Senior	Male	Hillingdon Triathletes	01:18:38	01:18:37	00:07:43	00:07:43	5	4
6	MATTHEW JUDSON	362	Senior	Male		01:20:29	01:20:29	00:09:34	00:09:34	6	5
7	BENN THOMAS	506	Senior	Male	Serpentine RC	01:21:20	01:21:20	00:10:25	00:10:25	7	6
8	JOHN MELBOURNE	624	Senior	Male	TADWORTH AC	01:23:37	01:23:36	00:12:42	00:12:42	8	7
9	STUART MEIKLEJOHN	413	Senior	Male	London Heathside	01:23:56	01:23:56	00:13:01	00:13:01	9	8
10	SAM HAZELTON	328	Senior	Male	HARPENDEN ARROWS	01:24:36	01:24:34	00:13:41	00:13:41	10	9
11	DAVID O'SULLIVAN	646	Senior	Male	Watford Joggers	01:24:44	01:24:40	00:13:49	00:13:49	11	10
12	THOMAS CASSIDY	242	Senior	Male	ST MARY'S RICHMOND AC	01:25:09	01:25:04	00:14:14	00:14:14	12	11
13	MARK VOGLER	516	Senior	Male	Hillingdon Triathletes	01:25:18	01:25:15	00:14:23	00:14:23	13	12
14	GAVIN EVANS	285	M50	Male	London Heathside	01:25:54	01:25:54	00:00:00	00:14:59	14	1
15	PAUL MERCER	682	M40	Male	London Heathside	01:26:05	01:26:05	00:08:30	00:15:10	15	2
16	JENNIFER MCBAIN	404	Lady	Female	ALCHESTER RUNNING CLUB	01:26:07	01:26:05	00:00:00	00:00:00	1	1
17	NICK HAWARD	326	M40	Male	London Heathside	01:26:32	01:26:32	00:08:57	00:15:37	16	3
18	DAVID KNIGHT	377	M40	Male	Hillingdon AC	01:26:42	01:26:41	00:09:07	00:15:47	17	4
19	BEN GREENE	318	Senior	Male	WARE JOGGERS	01:26:45	01:26:43	00:15:50	00:15:50	18	13
20	OWEN BIRD	222	Senior	Male	LUTON AC	01:27:05	01:27:03	00:16:10	00:16:10	19	14
21	PAUL LEPPARD	385	Senior	Male	Hillingdon AC	01:28:14	01:28:11	00:17:19	00:17:19	20	15
22	DOMINIC JACKSON	349	M50	Male	London Heathside	01:29:17	01:29:15	00:03:23	00:18:22	21	2
23	JAMES IZZARD	348	Senior	Male	HARPENDEN ARROWS	01:29:53	01:29:51	00:18:58	00:18:58	22	16
24	BRETT HUTCHINSON	345	Senior	Male	Hillingdon AC	01:29:59	01:29:56	00:19:04	00:19:04	23	17
25	RIKUL KARADIA	560	Senior	Male	Hillingdon AC	01:30:03	01:29:58	00:19:08	00:19:08	24	18
26	SOPHIE TOMASZCZYK	511	Lady	Female	WEST 4 HARRIERS	01:30:19	01:30:17	00:04:12	00:04:12	2	2
27	EMILY ANTCLIFFE	536	Lady	Female	HARROW AC	01:31:04	01:31:02	00:04:57	00:04:57	3	3
28	MATTHEW RUCK	477	M40	Male		01:31:17	01:31:12	00:13:42	00:20:22	25	5
29	AARON GIRDLESTONE	310	Senior	Male		01:31:25	01:31:04	00:20:30	00:20:30	26	19
30	MARK DAVIES	257	M40	Male	HAYWARDS HEATH HARRIERS	01:31:47	01:31:46	00:14:12	00:20:52	27	6
31	SIMON CLARIDGE	248	M50	Male	Hillingdon AC	01:31:58	01:31:56	00:06:04	00:21:03	28	3
32	BEN BARKER	540	Senior	Male	MORNINGTON CHASERS	01:31:58	01:31:49	00:21:03	00:21:03	29	20
33	BEN COPE	590	Senior	Male	Serpentine RC	01:32:23	01:32:18	00:21:28	00:21:28	30	21
34	MARTIN GIBSON	309	M40	Male	Hillingdon Triathletes	01:32:26	01:32:23	00:14:51	00:21:31	31	7
35	STEPH WIGRAM	585	Lady	Female	Hillingdon AC	01:32:33	01:32:30	00:06:26	00:06:26	4	4
36	IAN LESLIE	386	M50	Male	EALING SOUTHWALL & MIDDLESEX AC	01:32:36	01:32:34	00:06:42	00:21:41	32	4
37	PAUL HIGGINS	338	Senior	Male		01:32:47	01:32:44	00:21:52	00:21:52	33	22
38	NATHAN POWELL	573	M40	Male	Metros	01:32:51	01:32:39	00:15:16	00:21:56	34	8
39	NEIL MORRISON	631	Senior	Male	Hillingdon Triathletes	01:33:17	01:33:10	00:22:22	00:22:22	35	23
40	MARTIN MCKEE	410	M50	Male		01:34:14	01:34:09	00:08:20	00:23:19	36	5
41	HANNAH MCINROY NAYLOR	409	Lady	Female	WEST SUFFOLK WHEELERS	01:34:27	01:34:25	00:08:20	00:08:20	5	5
42	ALEX BALLARD	587	Senior	Male		01:34:32	01:34:11	00:23:37	00:23:37	37	24
43	HANNAH WELLS	524	Lady	Female	Hillingdon AC	01:35:03	01:35:01	00:08:56	00:08:56	6	6
44	ROHAN ALEXANDER	586	M40	Male	ILFORD AC	01:35:42	01:35:35	00:18:07	00:24:47	38	9
45	STEPHEN DUNHAM	277	M40	Male	Redway Runners	01:35:58	01:35:54	00:18:23	00:25:03	39	10
46	TREVOR HEDGES	330	Senior	Male		01:35:58	01:35:37	00:25:03	00:25:03	40	25
47	CHRISTOPHER SHEARWOOD	485	M50	Male	Metros	01:36:10	01:36:02	00:10:16	00:25:15	41	6
48	JOSEPH DOYLE	275	Senior	Male	Hillingdon AC	01:36:36	01:36:33	00:25:41	00:25:41	42	26
49	ADRIAN MYSZKOWSKI	634	M40	Male	TMA	01:36:56	01:36:56	00:19:21	00:26:01	43	11
50	MARVIN REYNOLDS	613	Senior	Male		01:36:58	01:36:44	00:26:03	00:26:03	44	27
51	PAUL KEEN	366	M50	Male		01:37:12	01:37:09	00:11:18	00:26:17	45	7
52	NICKY ASHE	206	W40	Female	HARROW AC	01:37:24	01:37:21	00:00:00	00:11:17	7	1
53	PAUL GRIFFIN	320	Senior	Male		01:37:26	01:36:51	00:26:31	00:26:31	46	28
54	MARTIN ILOTT	346	M50	Male		01:38:07	01:37:55	00:12:13	00:27:12	47	8
55	SHAUN LAZZARI	382	Senior	Male		01:38:11	01:38:08	00:27:16	00:27:16	48	29
56	HUGO SLOPER	491	Senior	Male		01:38:46	01:38:34	00:27:51	00:27:51	49	30
57	JONATHAN GAWN	553	Senior	Male	Hillingdon AC	01:38:48	01:38:39	00:27:53	00:27:53	50	31
58	MICHAEL PRICE	460	M40	Male		01:38:50	01:38:32	00:21:15	00:27:55	51	12
59	KOSTADINKA SPASOVA	494	W40	Female		01:38:54	01:38:43	00:01:30	00:12:47	8	2
60	JOHN BLAKELEY	225	M40	Male		01:38:57	01:38:44	00:21:22	00:28:02	52	13
61	STEVE PAULL	452	M60	Male	Metros	01:38:58	01:38:48	00:00:00	00:28:03	53	1
62	KEVIN SMART	577	M50	Male	Metros	01:39:02	01:38:49	00:13:08	00:28:07	54	9
63	BRETT RAFFERTY	575	Senior	Male	Metros	01:39:08	01:38:55	00:28:13	00:28:13	55	32
64	DAMIAN DOMASZEWSKI	271	Senior	Male	Hillingdon Triathletes	01:39:09	01:39:03	00:28:14	00:28:14	56	33
65	RICHARD ELLIOTT	282	Senior	Male	Hillingdon Triathletes	01:39:24	01:39:14	00:28:29	00:28:29	57	34
66	GEORGE LAKE	379	Senior	Male		01:39:34	01:39:25	00:28:39	00:28:39	58	35
67	BRIAN O'SULLIVAN	442	Senior	Male		01:39:41	01:39:23	00:28:46	00:28:46	59	36
68	ADAM GOODMAN	315	Senior	Male		01:40:28	01:40:10	00:29:33	00:29:33	60	37
69	CLAIRE MORRIS	629	Lady	Female	Ealing Eagles Running Club	01:40:33	01:40:27	00:14:26	00:14:26	9	7
70	VERNA BURGESS	588	W50	Female		01:40:40	01:40:34	00:00:00	00:14:33	10	1
71	LAURA GAGA	304	Lady	Female		01:41:18	01:41:13	00:15:11	00:15:11	11	8
72	SIMON WHALL	583	Senior	Male		01:41:24	01:41:11	00:30:29	00:30:29	61	38
73	FRANK DOYLE	274	Senior	Male	Ealing Eagles Running Club	01:41:29	01:41:24	00:30:34	00:30:34	62	39
74	SIMON HERBERT	334	Senior	Male		01:41:30	01:41:19	00:30:35	00:30:35	63	40
75	DANIEL MADRIDEJOS	395	Senior	Male		01:41:31	01:41:18	00:30:36	00:30:36	64	41
76	JAMES STANGER	578	Senior	Male		01:41:41	01:41:21	00:30:46	00:30:46	65	42
77	TREVOR CLEMENTS	549	M50	Male	St Albans Striders	01:41:42	01:41:22	00:15:48	00:30:47	66	10
78	PRZEMYSLAW RADOMSKI	504	Senior	Male	Hillingdon Triathletes	01:41:47	01:41:39	00:30:52	00:30:52	67	43

79	MATTHEW BAXTER	215	Senior	Male		01:41:52	01:41:07	00:30:57	00:30:57	68	44
80	MICHAEL MORRIS	426	M40	Male	Metros	01:42:32	01:42:22	00:24:57	00:31:37	69	14
81	GRANT CHARLESTON	545	M50	Male		01:43:04	01:42:56	00:17:10	00:32:09	70	11
82	ELLEN EASTEN	280	Lady	Female	Ealing Eagles Running Club	01:43:27	01:43:22	00:17:20	00:17:20	12	9
83	TONY HURSEY	344	M40	Male	EALING SOUTHALL & MIDDLESEX AC	01:43:31	01:43:22	00:25:56	00:32:36	71	15
84	CRAIG LUNNON	394	M40	Male		01:43:35	01:43:10	00:26:00	00:32:40	72	16
85	HERSHIL PATEL	451	Senior	Male	Metros	01:43:43	01:43:32	00:32:48	00:32:48	73	45
86	KEVIN KNOWLES	676	M40	Male	RANELAGH HARRIERS	01:43:49	01:41:05	00:26:14	00:32:54	74	17
87	MATTHEW ROBINS	473	Senior	Male	CHILTERN HARRIERS AC	01:43:52	01:43:46	00:32:57	00:32:57	75	46
88	CARL HEAP	329	M60	Male	London Heathside	01:43:56	01:43:40	00:04:58	00:33:01	76	2
89	DAISY GLADSTONE	311	Lady	Female	Serpentine RC	01:44:00	01:43:46	00:17:53	00:17:53	13	10
90	HANNAH MARIE POINTU	457	Lady	Female		01:44:06	01:43:50	00:17:59	00:17:59	14	11
91	ZOE DOBBS	267	W40	Female	Hillingdon AC	01:44:15	01:44:07	00:06:51	00:18:08	15	3
92	CATHERINE FARRINGTON	289	Lady	Female	Serpentine RC	01:44:22	01:44:17	00:18:15	00:18:15	16	12
93	PENNY CUTLER	551	W50	Female	HANDY CROSS RUNNERS	01:44:53	01:44:48	00:04:13	00:18:46	17	2
94	SIMON CLEMONSON	604	Senior	Male		01:45:57	01:45:39	00:35:02	00:35:02	77	47
95	MARTIN BLAKE	224	M40	Male		01:46:06	01:45:51	00:28:31	00:35:11	78	18
96	BEN FIDDES	292	Senior	Male	INVERNESS HARRIERS	01:46:11	01:42:52	00:35:16	00:35:16	79	48
97	JAMES DE VIVENOT	263	M40	Male		01:46:17	01:46:04	00:28:42	00:35:22	80	19
98	ROMEO STOICA	499	Senior	Male		01:46:48	01:46:41	00:35:53	00:35:53	81	49
99	JONNIE PAYNE	453	Senior	Male		01:46:54	01:46:23	00:35:59	00:35:59	82	50
100	SIMON FELSTEAD	594	M40	Male		01:46:54	01:45:16	00:29:19	00:35:59	83	20
101	DANNY YEOMAN	533	Senior	Male		01:47:01	01:46:42	00:36:06	00:36:06	84	51
102	LEE MAYHEW	403	Senior	Male		01:47:02	01:46:49	00:36:07	00:36:07	85	52
103	CRAIG HOOKE	342	M40	Male		01:47:03	01:46:59	00:29:28	00:36:08	86	21
104	JASON TAYLOR	505	M40	Male	Hillingdon Triathletes	01:47:08	01:46:44	00:29:33	00:36:13	87	22
105	PAULINE SMITH	493	Lady	Female		01:47:09	01:46:44	00:21:02	00:21:02	18	13
106	ANIL PATEL	449	M40	Male		01:47:12	01:46:44	00:29:37	00:36:17	88	23
107	RAY OXLADE	444	M50	Male		01:47:24	01:47:11	00:21:30	00:36:29	89	12
108	NICK WILLIAMS	619	Senior	Male	Watford Joggers	01:47:35	01:47:17	00:36:40	00:36:40	90	53
109	WAYNE MEEK	412	Senior	Male		01:47:38	01:47:30	00:36:43	00:36:43	91	54
110	ROBERT KIPLING	373	M50	Male	Ealing Eagles Running Club	01:47:40	01:47:27	00:21:46	00:36:45	92	13
111	YVETTE RALSTON	464	Lady	Female		01:47:43	01:47:22	00:21:36	00:21:36	19	14
112	CATHY MARTIN	567	W40	Female		01:48:01	01:47:54	00:10:37	00:21:54	20	4
113	BARRY NOLAN	435	M40	Male	Metros	01:48:12	01:47:57	00:30:37	00:37:17	93	24
114	DEAN THOMAS	507	Senior	Male		01:48:31	01:47:58	00:37:36	00:37:36	94	55
115	JONATHAN BOUD	228	Senior	Male		01:49:04	01:48:36	00:38:09	00:38:09	95	56
116	PAUL YATES	486	M40	Male		01:49:07	01:48:47	00:31:32	00:38:12	96	25
117	JOHN DONOHUE	593	Senior	Male		01:49:13	01:48:28	00:38:18	00:38:18	97	57
118	STEVE HICKSON	336	M50	Male		01:49:23	01:49:09	00:23:29	00:38:28	98	14
119	MIRANDA HARDACRE	324	Lady	Female	BRUNEL UNIVERSITY	01:49:27	01:49:08	00:23:20	00:23:20	21	15
120	HANNAH JACKSON	350	Lady	Female		01:49:34	01:49:03	00:23:27	00:23:27	22	16
121	LUKE STUDDEN	500	Senior	Male		01:49:48	01:49:19	00:38:53	00:38:53	99	58
122	MARK NICHOLLS	570	M40	Male	Watford Joggers	01:49:50	01:49:15	00:32:15	00:38:55	100	26
123	Richard Whiteley	528	Senior	Male		01:49:56	01:49:30	00:39:01	00:39:01	101	59
124	NICK BARNETT	214	M40	Male		01:50:03	01:49:32	00:32:28	00:39:08	102	27
125	JAMES MOFFATT	424	M40	Male	Hillingdon Triathletes	01:50:08	01:49:52	00:32:33	00:39:13	103	28
126	TRACEY TYRRELL	514	Lady	Female	Metros	01:50:23	01:50:11	00:24:16	00:24:16	23	17
127	PAUL BAKER	211	M50	Male		01:50:29	01:50:19	00:24:35	00:39:34	104	15
128	SCOTT PARK	447	Senior	Male		01:50:41	01:50:29	00:39:46	00:39:46	105	60
129	KENICHI FUKUHARA	303	M50	Male		01:50:55	01:50:30	00:25:01	00:40:00	106	16
130	GARY LENNON	384	M40	Male		01:51:13	01:50:50	00:33:38	00:40:18	107	29
131	DEBBIE BROWN	234	W40	Female	Hillingdon AC	01:51:23	01:50:55	00:13:59	00:25:16	24	5
132	JAYNE DAVIS	259	W40	Female		01:51:28	01:50:57	00:14:04	00:25:21	25	6
133	CAROLINE TOMS	579	Lady	Female	RUN FOR YOUR LIFE	01:51:36	01:51:31	00:25:29	00:25:29	26	18
134	STUART MCGOWAN	408	M60	Male	Bike and Run	01:51:43	01:51:38	00:12:45	00:40:48	108	3
135	CHRIS DRIVER	276	Senior	Male		01:52:07	01:51:42	00:41:12	00:41:12	109	61
136	ALEX CASEY	240	Senior	Male		01:52:08	01:51:30	00:41:13	00:41:13	110	62
137	KEVIN HOPE	610	M40	Male		01:52:11	01:51:56	00:34:36	00:41:16	111	30
138	ROB COUSINS	255	M40	Male		01:52:19	01:52:08	00:34:44	00:41:24	112	31
139	CHRIS SHEARSMITH	484	Senior	Male	ELVET STRIDERS	01:52:39	01:52:22	00:41:44	00:41:44	113	63
140	SAM ROWELL	576	Senior	Male		01:52:44	01:52:34	00:41:49	00:41:49	114	64
141	GAVIN BROWN	235	Senior	Male	MARY'S BOYS	01:52:45	01:52:06	00:41:50	00:41:50	115	65
142	LEE CARTER	239	Senior	Male		01:52:46	01:52:05	00:41:51	00:41:51	116	66
143	IAN CONSTANCE	254	M40	Male		01:52:47	01:52:18	00:35:12	00:41:52	117	32
144	BEN KASPER	363	Senior	Male	VEGETARIAN CYCLING AND ATHLETICS CLUB	01:52:59	01:52:34	00:42:04	00:42:04	118	67
145	HEDSON DE CASTRO	262	Senior	Male	HAYES BOTWELL GYM	01:53:00	01:52:37	00:42:05	00:42:05	119	68
146	SARAH IPSCOMBE	561	Lady	Female		01:53:01	01:52:40	00:26:54	00:26:54	27	19
147	ANDREW PRINGLE	685	M50	Male	REIGATE PRIORY AC	01:53:11	01:52:34	00:27:17	00:42:16	120	17
148	MARTYN DURRANT	278	M40	Male		01:53:33	01:53:17	00:35:58	00:42:38	121	33
149	GABE SEGALL	481	Senior	Male	Hillingdon AC	01:53:33	01:53:26	00:42:38	00:42:38	122	69
150	MICHIKO THOMAS	508	W50	Female		01:53:34	01:53:08	00:12:54	00:27:27	28	3
151	CHARA BEAN	218	Lady	Female		01:53:41	01:53:21	00:27:34	00:27:34	29	20
152	DANIEL KNIGHT	376	Senior	Male		01:54:04	01:53:55	00:43:09	00:43:09	123	70
153	JACK WHITLAM	584	Senior	Male		01:54:11	01:53:52	00:43:16	00:43:16	124	71
154	NAOMI WHITE	527	Lady	Female	Ealing Eagles Running Club	01:54:12	01:53:44	00:28:05	00:28:05	30	21
155	WAYNE FAITHFULL	287	M40	Male	Hillingdon Triathletes	01:54:27	01:54:17	00:36:52	00:43:32	125	34
156	CLAIRE OXLADE	443	Lady	Female		01:54:40	01:54:27	00:28:33	00:28:33	31	22
157	PETER REYNOLDS	469	M50	Male	Metros	01:54:42	01:54:26	00:28:48	00:43:47	126	18
158	DAVID GRIFFITHS	321	M60	Male	AVON VALLEY RUNNERS	01:54:43	01:54:32	00:15:45	00:43:48	127	4
159	PHILIP WAIN	581	M50	Male		01:54:51	01:54:21	00:28:57	00:43:56	128	19
160	SARAH CLEMENTS	252	Lady	Female	FITSTUFF	01:55:01	01:49:50	00:28:54	00:28:54	32	23

161	Alison Gordon	209	W40	Female	Hillingdon Triathletes	01:55:05	01:54:58	00:17:41	00:28:58	33	7
162	LAURA BAYLIS	216	Lady	Female	Datchet Dashers	01:55:18	01:55:00	00:29:11	00:29:11	34	24
163	DAREN ROSCOE	474	M40	Male		01:55:19	01:54:57	00:37:44	00:44:24	129	35
164	TOBY JOHNSON	358	Senior	Male	NICKS FUND	01:55:22	01:54:46	00:44:27	00:44:27	130	72
165	GRAHAM WICKS	529	M50	Male		01:55:24	01:55:11	00:29:30	00:44:29	131	20
166	CARINA CASEY	241	Lady	Female		01:55:26	01:55:11	00:29:19	00:29:19	35	25
167	FIONA CAMERON	543	W50	Female	TRAIL RUNNING ASSOCIATION	01:55:36	01:55:08	00:14:56	00:29:29	36	4
168	FREDDIE HAYNES	327	Senior	Male		01:55:59	01:55:22	00:45:04	00:45:04	132	73
169	LEWIS ROSE	476	Senior	Male		01:56:27	01:56:12	00:38:52	00:45:04	133	74
170	RACHEL GRIBBEN	319	W40	Female	Purple Patch Runners	01:56:04	01:55:47	00:18:40	00:29:57	37	8
171	AARON DAVIS	258	M40	Male		01:56:12	01:55:42	00:38:37	00:45:17	134	36
172	JAMIE STENTAFORD	317	Senior	Male	Hillingdon Triathletes	01:56:23	01:56:16	00:45:28	00:45:28	135	75
173	LEE MURPHY	427	M40	Male		01:56:27	01:56:12	00:38:52	00:45:32	136	37
174	MICHAEL CONLON	253	M40	Male		01:56:35	01:56:23	00:39:00	00:45:40	137	38
175	DOMINIC FEAR	290	Senior	Male		01:56:40	01:56:24	00:45:45	00:45:45	138	76
176	PIERRE JASON	355	Senior	Male		01:56:41	01:56:26	00:45:46	00:45:46	139	77
177	JUSTIN DAVIES	256	Senior	Male		01:57:09	01:56:42	00:46:14	00:46:14	140	78
178	JONATHAN DODD	270	Senior	Male		01:57:20	01:57:07	00:46:25	00:46:25	141	79
179	STEVEN EASTBURY	279	Senior	Male	STEVENAGE STRIDERS	01:57:31	01:57:21	00:46:36	00:46:36	142	80
180	ADRIAN KEEBLE	365	M40	Male		01:57:40	01:57:26	00:40:05	00:46:45	143	39
181	DENNIS CAREY	544	M50	Male		01:57:57	01:57:28	00:32:03	00:47:02	144	21
182	OLIVER REILLY	468	Senior	Male		01:58:02	01:57:19	00:47:07	00:47:07	145	81
183	DAVID BOOTH	227	Senior	Male		01:58:11	01:58:00	00:47:16	00:47:16	146	82
184	GARETH HALLS	322	Senior	Male		01:58:12	01:57:31	00:47:17	00:47:17	147	83
185	SIMON WARNER	522	Senior	Male	St Albans Striders	01:58:50	01:55:48	00:47:55	00:47:55	148	84
186	CHRISTOPHER MORGAN	626	Senior	Male		01:58:54	01:58:17	00:47:59	00:47:59	149	85
187	ROD HEWSON	606	M70	Male	Watford Joggers	01:58:58	01:58:25	00:00:00	00:48:03	150	1
188	LOUISA GAWN	596	Lady	Female	Hillingdon AC	02:00:06	01:59:47	00:33:59	00:33:59	38	26
189	PAULINE BISHOP	223	W60	Female	Metros	02:00:09	01:59:54	00:00:00	00:34:02	39	1
190	SACHIN NAKRANI	430	Senior	Male		02:00:17	02:00:01	00:49:22	00:49:22	151	86
191	PARDIP SINGH MINHAS	420	M40	Male	Ealing Eagles Running Club	02:00:18	01:59:45	00:42:43	00:49:23	152	40
192	NAZIM LLAPASHTICA	390	M40	Male		02:00:24	01:59:55	00:42:49	00:49:29	153	41
193	AMY CLARIDGE	247	Lady	Female	Hillingdon Triathletes	02:00:25	02:00:16	00:34:18	00:34:18	40	27
194	GARY HOOK	341	M40	Male		02:00:25	01:59:52	00:42:50	00:49:30	154	42
195	JONATHAN WHEELER	526	M40	Male	LONDON FRONTRUNNERS	02:00:30	01:59:46	00:42:55	00:49:35	155	43
196	MATTHEW STEARS	496	M50	Male	DACORUM & TRING AC	02:00:33	02:00:05	00:34:39	00:49:38	156	22
197	BARRY CHISHOLM	547	M50	Male	SHAFTESBURY BARNET HARRIERS AC	02:00:34	01:45:32	00:34:40	00:49:39	157	23
198	STEVE GIBBONS	307	M40	Male	AMPTHILL AND FLITWICK FLYERS	02:00:44	02:00:15	00:43:09	00:49:49	158	44
199	EMMA PARKES	448	Lady	Female		02:01:00	02:00:35	00:34:53	00:34:53	41	28
200	AMY WATSON	523	Lady	Female		02:01:16	02:00:48	00:35:09	00:35:09	42	29
201	MICHELLE ASHWELL	208	W40	Female	DACORUM & TRING AC	02:01:28	02:01:00	00:24:04	00:35:21	43	9
202	ROB FINNIGAN	293	M40	Male	Hillingdon Triathletes	02:01:29	02:01:04	00:43:54	00:50:34	159	45
203	KATHERINE CONIBERE	589	Lady	Female	Hillingdon Triathletes	02:01:30	02:01:07	00:35:23	00:35:23	44	30
204	COLIN LOWEN	393	M40	Male	Hillingdon Triathletes	02:01:31	02:01:06	00:43:56	00:50:36	160	46
205	PAUL HOLLAND	340	M50	Male		02:01:43	02:01:22	00:35:49	00:50:48	161	24
206	NIKKI TASKER	502	Lady	Female		02:01:44	02:01:34	00:35:37	00:35:37	45	31
207	SARAH PERCIVAL	454	W50	Female	EALING SOUTHALL & MIDDLESEX AC	02:01:48	02:01:27	00:21:08	00:35:41	46	5
208	MICHELLE JONES	360	Lady	Female	Ealing Eagles Running Club	02:01:55	02:00:55	00:35:48	00:35:48	47	32
209	TRACE ALLEN	202	M70	Male	tri-force	02:02:11	02:01:58	00:03:13	00:51:16	162	2
210	JAGJIT SINGH	489	M50	Male		02:02:27	02:02:04	00:36:33	00:51:32	163	25
211	EMMA AITKEN	201	Lady	Female		02:02:41	02:01:42	00:36:34	00:36:34	48	33
212	MARTINE LAI	378	W50	Female		02:03:33	02:03:12	00:22:53	00:37:26	49	6
213	EDNA STEELE	497	W40	Female	Jog It Off	02:03:43	02:02:49	00:26:19	00:37:36	50	10
214	JAMIE DOBSON	268	Senior	Male		02:04:03	02:03:10	00:53:08	00:53:08	164	87
215	STEVE SIMMONDS	488	Senior	Male		02:04:15	02:03:39	00:53:20	00:53:20	165	88
216	DAVID LOVELL	392	M50	Male	REDHILL DISTRICT ROYAL MAIL	02:04:16	02:03:57	00:38:22	00:53:21	166	26
217	JACOB GLOOR	313	M50	Male	Hillingdon Triathletes	02:04:32	02:04:04	00:38:38	00:53:37	167	27
218	SUKHI HERSEY	557	Lady	Female		02:04:33	02:03:59	00:38:26	00:38:26	51	34
219	TONYA BABB	538	W40	Female		02:04:45	02:04:38	00:27:21	00:38:38	52	11
220	HELDER ALONSO	205	Senior	Male		02:04:52	02:04:35	00:53:57	00:53:57	168	89
221	JOHN SADDLER	478	M60	Male		02:05:01	02:04:39	00:26:03	00:54:06	169	5
222	JO BAILEY	210	W40	Female		02:05:24	02:05:06	00:28:00	00:39:17	53	12
223	TOMMY BARBER	212	Senior	Male		02:05:33	02:04:58	00:54:38	00:54:38	170	90
224	JOHN SHAW	483	M60	Male	Hayes & Harlington Road Runners	02:05:41	02:02:58	00:26:43	00:54:46	171	6
225	CARLA GRAY	555	Lady	Female		02:05:44	02:05:04	00:39:37	00:39:37	54	35
226	SAMANTHA TUCKER	580	Lady	Female	Gade Valley Harriers	02:06:26	02:05:53	00:40:19	00:40:19	55	36
227	DAVID ENGLISH	284	M40	Male		02:07:41	02:06:54	00:50:06	00:56:46	172	47
228	KEN LAMBE	380	M40	Male		02:08:01	02:07:51	00:50:26	00:57:06	173	48
229	PAUL HESKIN	558	M40	Male		02:08:08	02:07:48	00:50:33	00:57:13	174	49
230	JO MITCHELL	422	W40	Female		02:08:20	02:07:52	00:30:56	00:42:13	56	13
231	MICHAEL RANSOME	659	M60	Male	Metros	02:08:21	02:08:04	00:29:23	00:57:26	175	7
232	GARY DAVISON	261	M40	Male		02:08:25	02:07:42	00:50:50	00:57:30	176	50
233	MICHAEL PHILLIPS	657	M60	Male		02:08:37	02:07:59	00:29:39	00:57:42	177	8
234	NICOLE FAERS	552	Lady	Female		02:09:26	02:08:55	00:43:19	00:43:19	57	37
235	JONATHAN MILNE	419	M40	Male	St Albans Striders	02:09:42	02:09:14	00:52:07	00:58:47	178	51
236	NESLIHAN JORDAN	361	W40	Female		02:09:57	02:09:30	00:32:33	00:43:50	58	14
237	LEE YARNELL	532	Senior	Male		02:10:27	02:09:55	00:59:32	00:59:32	179	91
238	SAMIR KONNUR	562	M40	Male		02:10:29	02:10:18	00:52:54	00:59:34	180	52
239	JONATHAN HART	601	Senior	Male		02:10:42	02:10:15	00:59:47	00:59:47	181	92
240	LORRAINE TANCELL	617	W40	Female		02:10:57	02:10:29	00:33:33	00:44:50	59	15
241	JASVIR SINGH MODAHER	423	M50	Male	BRITISH AIRWAYS A.C	02:11:16	02:10:53	00:45:22	01:00:21	182	28
242	KATE RYAN	614	Lady	Female		02:11:29	02:11:00	00:45:22	00:45:22	60	38

243 SHAMIMA PADARUTH	445 W40	Female		02:11:37	02:10:54	00:34:13	00:45:30	61	16
244 MATTHEW BROWN	236 M40	Male	LONDON FRONTRUNNERS	02:11:54	02:11:04	00:54:19	01:00:59	183	53
245 CLARE COPPOCK	605 Lady	Female		02:11:54	02:11:22	00:45:47	00:45:47	62	39
246 JAMES RICHMOND	471 Senior	Male		02:12:41	02:12:00	01:01:46	01:01:46	184	93
247 LAMAH EL-SHARKAWI	620 Lady	Female		02:12:42	02:12:01	00:46:35	00:46:35	63	40
248 ANDREW MURRELL	428 Senior	Male		02:12:45	02:12:04	01:01:50	01:01:50	185	94
249 KATRINA GARNIE	305 W40	Female		02:12:49	02:12:08	00:35:25	00:46:42	64	17
250 SALLIE MALOLES-TUGAS	396 W50	Female		02:12:54	02:11:29	00:32:14	00:46:47	65	7
251 DOUGLAS DEWEY	265 M50	Male		02:13:00	02:12:34	00:47:06	01:02:05	186	29
252 ANDY KELL	368 M40	Male		02:13:01	02:12:27	00:55:26	01:02:06	187	54
253 KELLI POWLING	459 Lady	Female		02:13:36	02:12:52	00:47:29	00:47:29	66	41
254 CHRIS O'BRIEN	437 Senior	Male		02:14:53	02:14:18	01:03:58	01:03:58	188	95
255 DAVID HIGGINS	337 Senior	Male		02:15:57	02:14:52	01:05:02	01:05:02	189	96
256 JENNIFER WARDLE	521 W40	Female		02:15:57	02:15:31	00:38:33	00:49:50	67	18
257 AMANDA WARDLE	520 Lady	Female		02:15:58	02:15:32	00:49:51	00:49:51	68	42
258 KAREN LOWER	565 W40	Female	Wellingborough & District AC	02:16:17	02:15:37	00:38:53	00:50:10	69	19
259 HELEN FRANKLIN	302 W40	Female		02:16:44	02:16:08	00:39:20	00:50:37	70	20
260 BARBARA KLUZIK	114 Lady	Female		02:17:32	02:17:26	00:51:25	00:51:25	71	43
261 DEREK BAMFORTH	539 M60	Male	Metros	02:17:40	02:17:25	00:38:42	01:06:45	190	9
262 STEPHEN WALTERS	517 Senior	Male		02:18:06	02:17:30	01:07:11	01:07:11	191	97
263 STUART MARSH	566 M40	Male		02:18:09	02:17:41	01:00:34	01:07:14	192	55
264 LINDA KENNEDY	371 W40	Female		02:18:28	02:18:12	00:41:04	00:52:21	72	21
265 NICOLA NORTON	641 Lady	Female		02:18:28	02:17:54	00:52:21	00:52:21	73	44
266 HILARY GRANT	316 W50	Female		02:18:37	02:17:55	00:37:57	00:52:30	74	8
267 LORRAINE KEHOE	367 W40	Female		02:18:49	02:18:12	00:41:25	00:52:42	75	22
268 JAMES HOUSEGO	550 Senior	Male		02:19:53	02:19:15	01:08:58	01:08:58	193	98
269 DANY MATTHEWS	398 Senior	Male		02:20:55	02:19:51	01:10:00	01:10:00	194	99
270 NICOLE SIREILLES	490 Lady	Female		02:21:10	02:20:10	00:55:03	00:55:03	76	45
271 STEPHEN THORPE	510 Senior	Male		02:21:39	02:21:01	01:10:44	01:10:44	195	100
272 SHEHARA HARRISON	325 Lady	Female		02:24:00	02:23:42	00:57:53	00:57:53	77	46
273 LOUISE ALLEN	535 Lady	Female		02:24:45	02:24:10	00:58:38	00:58:38	78	47
274 ANGUS DOUGLAS	273 M50	Male	BEACONSFIELD	02:24:54	02:24:17	00:59:00	01:13:59	196	30
275 WILLIAM O'CONNOR	438 M70	Male	Queens Park Harriers	02:25:15	02:24:43	00:26:17	01:14:20	197	3
276 KELLIE ELLIS	283 W40	Female		02:25:21	02:24:31	00:47:57	00:59:14	79	23
277 JON CHAMBERS	243 M40	Male		02:26:17	02:25:29	01:08:42	01:15:22	198	56
278 ANTHONY FORONDA	296 Senior	Male		02:26:38	02:25:58	01:15:43	01:15:43	199	101
279 SARAH NICHOLAS	432 Lady	Female	Hayes & Harlington Road Runners	02:27:22	02:26:38	01:01:15	01:01:15	80	48
280 NATASHA MILLER	417 Lady	Female		02:28:37	02:28:00	01:02:30	01:02:30	81	49
281 PAUL MCLOUGHLIN	568 Senior	Male		02:29:41	02:29:02	01:18:46	01:18:46	200	102
282 PHILLIP HUGHES	343 M50	Male	THAMES TURBO TRIATHLON	02:30:09	02:29:45	01:04:15	01:19:14	201	31
283 JOHN PUSEY	574 M40	Male		02:31:16	02:30:59	01:13:41	01:20:21	202	57
284 DAVID WENTZELL	525 M50	Male	REDHILL DISTRICT ROYAL MAIL	02:31:20	02:31:01	01:05:26	01:20:25	203	32
285 APRIL-JANE FORONDA	297 Lady	Female		02:31:24	02:29:59	01:05:17	01:05:17	82	50
286 JASWANT PAUL	653 M50	Male		02:33:29	02:30:31	01:07:35	01:22:34	204	33
287 WEI HEI KIPLING	374 W50	Female	Ealing Eagles Running Club	02:34:47	02:34:18	00:54:07	01:08:40	83	9
288 WENDY NASH	431 W40	Female		02:35:33	02:34:53	00:58:09	01:09:26	84	24
289 ALIZ RADEK	463 Lady	Female		02:35:33	02:34:35	01:09:26	01:09:26	85	51
290 PHILIP DOBSON	269 Senior	Male		02:35:41	02:34:57	01:24:46	01:24:46	205	103
291 TIZIANA SPOTTI	495 W50	Female	Metros	02:35:58	02:35:58	00:55:18	01:09:51	86	10
292 MARICEL FORONDA	298 Lady	Female		02:36:00	02:34:36	01:09:53	01:09:53	87	52
293 SEV KONIECZNY	679 W40	Female	READING ROADRUNNERS	02:37:42	02:36:58	01:00:18	01:11:35	88	25
294 PETER TUCKER	513 M60	Male	Gade Valley Harriers	02:38:37	02:38:05	00:59:39	01:27:42	206	10
295 ROBERT JENKINS	607 M70	Male		02:38:37	02:37:58	00:39:39	01:27:42	207	4
296 MATT ROBERTS	472 Senior	Male		02:40:07	02:39:30	01:29:12	01:29:12	208	104
297 CONOR O'DONOGHUE	643 Senior	Male		02:40:08	02:39:30	01:29:13	01:29:13	209	105
298 SHERIDAN PHILLIPS	658 W60	Female		02:42:06	02:41:28	00:41:57	01:15:59	89	2
299 HELEN ROSE	475 Lady	Female		02:42:22	02:41:37	01:16:15	01:16:15	90	53
300 JON STEVEN HENSHALL	332 Senior	Male		02:42:23	02:41:37	01:31:28	01:31:28	210	106
301 RUTH HERON	335 Lady	Female		02:43:03	02:42:32	01:16:56	01:16:56	91	54
302 ANGIE FORONDA	295 W60	Female		02:43:45	02:42:20	00:43:36	01:17:38	92	3
303 GARY MORGAN	569 M50	Male		02:44:41	02:33:55	01:18:47	01:33:46	211	34
304 NATALIE PAYNE	656 Lady	Female		02:45:31	02:44:48	01:19:24	01:19:24	93	55
305 HELEN TAYLOR	662 W40	Female	Horsham Joggers	02:46:19	02:45:30	01:08:55	01:20:12	94	26
306 ANITA STYLO -LASKOWSKA	616 Lady	Female		02:49:33	02:38:48	01:23:26	01:23:26	95	56
307 ANNE-MARIE NILLO	433 Lady	Female		02:49:37	02:48:50	01:23:30	01:23:30	96	57
308 LAURA FITCHETT	595 Lady	Female		02:55:37	02:54:54	01:29:30	01:29:30	97	58
309 ARNOLD GLICKMAN	312 M60	Male	Metros	02:55:45	02:55:11	01:16:47	01:44:50	212	11
310 NEIL KURZ	680 M40	Male		02:57:50	02:57:00	01:40:15	01:46:55	213	58
311 KULBIR KAUR	364 W40	Female		03:08:39	03:08:14	01:31:15	01:42:32	98	27